

Community Events

Holiday messages

Spouses and family members of Cannon Airmen deployed to Balad Air Base, Iraq, are invited to the Base Chapel at 5:30 p.m. Tuesday to record video holiday greetings at a town hall meeting.

Volunteers are needed to help with the set-up and the take-down of equipment. Those who wish to set up should meet at the chapel at 3:45 p.m. and volunteers for the take-down crew should meet at 7:20 p.m.

For more information, call the Public Affairs office at 784-4131.

Donation deadline nears

The deadline for "Operation Season's Greetings" donations is Saturday. All packages will be mailed on Nov. 20.

Donation boxes are located at the Airmen and Family Readiness Center, Cannon Federal Credit Union, commissary, base exchange facilities and the post office.

For more information, call Laura Clu-verius at 784-3175.

ESC Pancake Breakfast

A Pancake Breakfast hosted by the Enlisted Spouses Club (ESC) and the Chief's Group will be from 5:30 to 8:30 a.m. on Thursday at the fire station. The cost is \$5.

For more information, contact any chief.

Construction updates

Starting Monday, construction work will begin at the main gate and continue through Dec. 15. A serpentine system for inbound and outbound traffic will be installed. Minor traffic delays may be experienced during this period.

Drivers will not be able to exit through the Portales gate Nov. 20 through Nov. 26 due to a road-widening project and construction of a serpentine system.

Positions available

The Civilian Personnel Office is recruiting for the following positions:

Engineers – civil, environmental, mechanical, general and electrical;

Nurses – clinical and practical; and

Emergency hire positions – several temporary positions are available.

Interested individuals should bring a resume to the CPO, Bldg. 600, room 2038 or mail the resume to:

27 MSS/DPC

110 E Sextant Ave, Suite 2038

Cannon AFB, NM 88103-5326

For more information, call 784-4848.

More Community Events on page 10

MACH-METER

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Cannon Air Force Base, N.M.

Nov. 10, 2006



PHOTO BY STAFF SGT. APRIL WICKES

Readiness is the reason

A Cannon medical team provides care to a "wounded" Airman during Phase II training this week. For more photos of Cannon Airmen during the exercise, see pages 14 and 15.

HAWC leads 'Great American Smokeout' efforts

By Candace Weaver
Cannon Health and Wellness Center

The Health and Wellness Center (HAWC) will lead the 30th annual "Great American Smokeout" at Cannon Thursday as part of a national day that encourages smokers to quit for a day and perhaps quit for good.

The day is but one of a series of events planned to get smokers to quit.

A HAWC representative will be at the base exchange and commissary from 11 a.m. to 2 p.m. Wednesday to assist interested individuals who want to register for the smokeout.

Registration continues Thursday at the Enlisted Spouses Club and Chief's Group pancake breakfast, 5:30 – 8:30 a.m. at the fire station

Cannon personnel are invited to strut their stuff at the Great American Smokeout Turkey Trot starting at 8 a.m. Saturday at the Fitness Center.

The HAWC challenges smokers at Cannon to remain tobacco free for at least 72 hours. Those who pledge to do so and succeed earn a free t-shirt.

Even though the Smokeout officially began in 1977, the event's roots reach back to 1971, when Arthur Mullaney challenged the citizens of Randolph, Mass., to give up cigarettes for the day and donate the saved money to a high school scholarship fund. Mullaney coined the term "Smokeout."

According to the American Cancer Society, people who have used tobacco for years can dramatically reduce their risk of lung and other cancers by quitting. In addition, people can reduce their risk of heart attacks, coronary heart disease and stroke by moving towards a tobacco free life.

The Centers for Disease Control and Prevention reports that 22.3 percent of high school students and 8.1 percent of middle school students

were current smokers in 2004.

It also reported that cigarette smoking is responsible for 30 percent of all cancer deaths and 87 percent of lung cancer deaths. Smoking also leads to heart disease, aneurysms, bronchitis, emphysema and stroke and, contributes to the severity of pneumonia and asthma.

Pharmacologic, counseling, and behavioral therapies – including telephone counseling – can help patients quit and increase their chances of staying tobacco free, according to The Public Health Service (PHS) guideline, "Treating Tobacco Use and Dependence: A Clinical Practice Guideline."

The HAWC has a variety of methods to help tobacco users quit, including a telephone hotline, traditional day and evening classes and 1-on-1 personal help.

For more information and details, call the HAWC at 784-1004.



NEWS



Annual fundraiser brings Old West back to Cannon



PHOTO BY 2ND LT. GEORGE TOBIAS

2nd Lt. Gabe Brown, 27th Logistics Readiness Squadron, ponders the roulette wheel as he waits for a player.



PHOTO BY GREG ALLEN

Players challenge lady luck at the craps table Saturday evening at The Landing during Wild, Wild West activities. The annual fundraiser provides scholarships for military families.



PHOTO BY 2ND LT. GEORGE TOBIAS

Maj. Gerald Roberts, 27th Fighter Wing Command Post, displays items for auction during Wild, Wild West Night at The Landing Saturday. Numerous Clovis businesses donated items for the auction and raffles for scholarships for military families. The evening raised approximately 20 percent more than last year - a great success.



NEWS

America Recycles Day aims to reduce waste

By Jake Madril
27th Civil Engineer Squadron

Wednesday is America Recycles Day – a day set aside to encourage Americans to recycle and buy recycled products. First celebrated in 1997, the number of participants has grown each year as communities and individuals renew their commitment to preserving our planet's resources.

Recycling has been around for many years and has proven to be an easy and effective way to manage waste. According to www.americarecyclesday.org, the average American generates about seven and a half pounds of waste each day – nearly one and one-half tons per year.

The Air Force is dedicated to protecting and respecting the natural resources of our country and our world. It is policy “to make every effort to divert non-hazardous solid waste from landfills...”

Cannon Air Force Base preserves the environment

with comprehensive recycling services. The 27th Civil Engineer Squadron has various container types that might be suitable for work centers.

Military and family members in base housing can recycle by using the blue bins provided at the military family housing unit. Bins are available at the base recycling center, Bldg. 2327, on South Perimeter Road.

Residents who live in the Clovis or Portales 801 housing areas can drop off recyclables at the large bins at the base recycling center. Recyclables can be dropped off at any time.

Paper products that can be recycled include white paper and includes pastel paper, post-it notes, computer paper and envelopes. Other recyclable categories include newspaper, corrugated cardboard, brown paper bags and glued-back books such as magazines, phone books and catalogs.

If you turn plastic bottles over, there is a recycle symbol, which indicates either #1 PETE (polyethylene terephthalate) or #2 HDPE (high



COURTESY GRAPHIC

America Recycles Day has been celebrated since 1997 to encourage recycling and preserve resources.

density polyethylene). These can be recycled.

Clear, green and amber glass, steel or tin cans, aluminum cans and yard wastes are recyclable materials. Make sure, however, that liquid containers, especially

milk, are rinsed and lids removed. Personal information should be removed from paper products.

All documents marked “Official Business” must be shredded as appropriate before recycling. Classified

documents must be handled in accordance with Air Force policy.

For more information on recycling, visit the information booth 10 a.m. to 3 p.m. at the base exchange on Wednesday or call 784-4820.

PCS policy could extend officer assignments to four years

By Staff Sgt. C. Todd Lopez
Air Force Print News

WASHINGTON – Some officers now could spend as many as four years at a duty station before getting a new assignment.

Air Force officials are looking for ways to reduce the number of permanent change-of-station moves for officers, particularly for those in the United States.

By extending the average assignment length for an officer from three years to four years, Air Force officials believe they can reduce the number of yearly officer PCS moves. Any moves occurring before four years primarily would be for professional development reasons only, said Lt. Gen. Roger A. Brady, deputy chief of staff for manpower and personnel.

“We don’t necessarily want to move people around as quickly as we may have in the past, if there is not a developmental reason for that,” he said. “And there is a lot of development that can take place in your first few years of service, wherever you are.”

The general said that for many young officers, lieu-

tenants in particular, the greatest professional development comes from gaining expertise and experience at one stable location. For higher-ranking officers, professional development comes from attending schools or by taking a command position. Real professional development, the general said, does not come from simply moving to a new assignment.

“We have always been a force that wanted to develop people, and part of developing people is to give them different opportunities,” he said. “But if you are not careful, you can confuse movement with development. So what we are looking at are policies that might create moves that are not necessarily related to development.”

General Brady also said fewer moves for officers will put less stress on their families by allowing children to stay in a single school for a longer time and by allowing spouses to find more stable careers.

While the change to PCS policy mostly will affect officers inside the continental United States, it also will affect officers stationed overseas, especially at those assigned to European bases.

“We find that some of our traditional overseas assignments... are perhaps as stable as [in the Conti-

ental United States], and so it begs the question as to whether or not you really need to have that disparity in how you manage units,” he said.

Manning overseas units at higher levels increases PCS moves and the costs associated with them. Air Force officials now will be more amenable to extending officers who want to stay longer at an overseas tour and will look closer than they have in the past at officers who want to shorten their overseas tours, General Brady said.

Air Force officials have other reasons for limiting the number of officer PCS moves. One of those reasons is recouping the cost of the moves and applying that funding in other places.

“We have budgetary issues in a lot of areas: fighting the global war on terror, high ops tempo, ageing aircraft fleets and growing manpower costs,” the general said.

General Brady said more effective management of officer moves will better help their professional development, and also will free up funding so it can be applied to winning the war on terrorism and to recapitalizing ageing Air Force aircraft.



COMMENTARY

Reading a person's 'indicator lights' describes a unit's health

By Col. Bob West

27th Maintenance Group commander

As I look around the 27th Fighter Wing, what really stands out are the people. In our Air Force, such phrases as "take care of your people" and "people are our most valuable resource" are common. Never has it been more important to take care of our people than now. With the holidays right around the corner, the high ops tempo, and manning cuts looming in the not so distant future it is imperative that we take the time to ensure our people are receiving the proper care. Supervisors and peers at all levels must read the indicators, take the time to care, and reward where it is due.

First, learn to read the indicators. Indicators are a sign, symptom, or index of a certain condition. In an aircraft, there are indicator lights that give clues to the functionality of the aircraft. Tracking statistics and analyzing data about aircraft maintenance status gives indicators to the health of the fleet. Col. Ken Hall, the 27th Medical Group commander, and his personnel will tell you that people have similar indicators that describe the health of an individual or when combined the health of a unit. Some simple indicators include how those around you do the little things. Are uniforms sharp or sloppy? Are boots shined? Is your buddy's work area clean, dirty, or stacked with work? If it is stacked with work, maybe he or she needs help or motivation. Are people cheerful and smiling, or tired and grouchy? These little things can give indica-

tions of the "health of the fleet."

Several years ago, I was walking the flight line. It was a rainy miserable night and I was considering returning to my office when I noticed two junior technicians. They were struggling to get a component installed into an aircraft and it was proving to be a difficult task. Both were soaked and covered in hydraulic fluid, but they worked at it until they succeeded. Never once did they complain that they had just worked a long shift, that the weather was miserable, or that the task was difficult. They were professionals, threw their shoulders into it, and fixed the aircraft. They were focused on the mission. This small data point, with many others, was a positive indicator to me on the health of my Airmen. We are trained to look for indicators. Learn to look for positive as well as negative indicators. When we have situational awareness we can promote the positive and avert a negative trend.

Next, we need to take the time to care. It does not matter how busy a person is, there is always time to care. Most of the time, this means taking a few minutes to listen sincerely and openly. Sometimes, what we hear when listening requires action. That action might be providing Thanksgiving dinner for a struggling family. It could be a trip to the hospital to visit the spouse of one of your Airmen. Other ways to show a caring attitude include taking the time to write a letter of appreciation for a job well done, shooting an e-mail to a supervisor of an Airman who was

professional, or a simple hello to the contractor who cleans your building. It takes little time, boosts morale and fosters a positive atmosphere.

Finally, reward where it is due. It can be as simple as complimenting someone or submitting a deserving Airman for an award. Annual awards are just around the corner and they provide opportunities to reward personnel. So take the time to submit at least one of your folks who has stepped it up this past year.

Recognition goes a long way in building confidence. Recognition programs make people feel valued. It can lead to promotions and successful careers. Small rewards go a long way for unit morale and health as Lt. Col. Brad Kearney can confirm. He's the 523rd Fighter squadron commander and he challenged his squadron to beat his physical fitness test score. If somebody beat it, he or she would get a time off reward. Now his squadron is energized and doing well on the fitness scores.

In the Equipment Maintenance Squadron, the commander, Maj. Jim Rich instituted formation squadron runs, which improved morale and fitness rates. Their positive attitude became infectious. Pass on compliments, write awards when deserved and recognize those who merit appreciation.

Meeting the Air Force missions is what we do. We do it through our people who deserve to be rewarded and cared about. Reading the indicators keeps us informed on the overall health of those around us. We truly need to be fit to fight!

Veterans Day commemorates all who served and still serve

By Greg Allen

27th Fighter Wing Public Affairs

In 1919, President Woodrow Wilson proclaimed Nov. 11 as "Armistice Day," and called for a suspension of business for two minutes at 11 a.m. and a day of parades and public meetings.

Following World War II and the Korean War, President Dwight Eisenhower signed legislation in 1954 changing the name of the legal holiday to Veterans Day, a day to honor all who

served their country in uniform.

There are 26.4 million veterans in the United States; this is a ratio of about 1-in-8 U.S. civilians 18 and over, or 13 percent.

Defining a veteran can be difficult as shown by the following statistics:

- Six percent of civilian veterans are women.

- Thirty-seven percent of civilian veterans are over the age of 65.

- There are 2.6 million African-American veterans.

- Approximately 22.6 million veterans are White; 1.1 million are Hispanic; 284,000 are Asian; and 196,000, American Indian or Alaska Native.

- Among the nation's veterans, approximately 6 million served in World War II, 4 million served in the Korean War, 8 million during the Vietnam era and 3 million in the Persian Gulf War.

- Seventeen percent of Alaskan civilians 18 and over are veterans, the highest rate in the country. Other states where 15 percent or more of the adult,

civilian population are veterans include Arizona, Florida, Maine, Montana, Nevada, New Hampshire, Oregon, Virginia, Washington and Wyoming.

- More than 2.3 million veterans receive compensation for service-connected disabilities.

Veterans come from every socioeconomic group in America, proof of our nation's citizens' willingness to serve and preserve our freedoms.

– Statistics source: U.S. Census Bureau

MACH METER

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27fwmachmeter@cannon.af.mil.

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Every article and photograph will be edited for accuracy, clarity and brevity, conformance with the Associated Press Stylebook and Libel Manual and with Air Force Instruction 35-101. Coverage of upcoming events should be arranged in advance by calling the Public Affairs office at 784-4131.

If you have a suggestion you would like to make, or a kudo you'd like to give, call the **ACTION LINE at 784-2722** — If you have a problem you need resolved, call the responsible agency first so they can provide better service to everyone promptly.

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NEWS



PHOTO BY TECH. SGT. STEVE STAEDLER

Staff Sgt. Shafinah Rosauro, 379th Expeditionary Contracting Squadron, speaks with Medal of Honor recipient Marine Capt. John McGinty III during an assembly Nov. 3 at a base in Southwest Asia.

Medal of Honor recipients share stories of inspiration

By Tech. Sgt. Steve Staedler
379th Air Expeditionary Wing Public Affairs

SOUTHWEST ASIA – For Staff Sgt. Shafinah Rosauro, learning stories of true heroism moved her.

For Tech. Sgt. Theresa Petelo, it was the message of assurance that people back home support her.

Listening to Medal of Honor recipients tends to do that to people.

Army Col. Robert Howard, Marine Capt. John McGinty and Army Command Sgt. Maj. Gary Littrell, all retired, shared their messages of hope and patriotism to nearly 200 379th Mission Support Group Airmen Nov. 3 at the base gymnasium.

The most honored and sacred military decoration, the Medal of Honor was created back in 1861 to recognize extraordinary individual acts or heroism. More than 3,400 Medal of Honors have been presented. There are about 110 Medal of Honor recipients alive today.

Each recipient spoke for about 10 minutes, briefly telling stories of how they got to where they are today and their views on the war. All spoke highly of the efforts and commitments Airmen here are making toward winning the war and making a difference for life in the region.

“You love your country and you believe democracy is worth fighting for,” Colonel Howard said. “What

you’re doing is an opportunity for other countries to survive. And doing that takes a commitment from each and every one of you. It’s a privilege to be here with you.”

“I’m just honored to meet these gentlemen,” said Sergeant Petelo, 379th Expeditionary Services Squadron. “They’ve done a lot for our country and I appreciate them. But then they turned around and told us they appreciated us. That was really neat to hear from people who have sacrificed so much for us.”

The mutual admiration between the two generations was evident as the trio took time to individually meet with everyone and exchange stories.

“What I enjoy most about coming over here is doing exactly what I’m doing right now,” Sergeant Major Littrell said while signing autographs of his citation and saying hello to Airmen waiting to meet him.

Sergeant Major Littrell has been coming here with other Medal of Honor recipients twice a year for the past few years. He said shaking hands and learning about this era’s military heroes is what keeps him coming back.

“Hopefully we’ll continue to come over until all the troops are home or all the enemy is dead – or both,” he said. “It’s always good to be here with the troops. It makes us feel young again.”



NEWS FEATURES

SBP offers option for retirement financial planning

By Bill Turner

Air Force Personnel Center

RANDOLPH AIR FORCE BASE, Texas – You’ve served faithfully nearly 20 years, perhaps more, and you’re getting ready to take that big step to rejoin the civilian world. Suddenly, you’re finding out what a giant step it is. Nervous?

Unless you just won the lottery or already have a high-paying civilian job locked in, it’s unavoidable. But, there is a way to lessen the pre-retirement jitters, and that’s to have a solid financial plan, one which may include the Survivor Benefit Plan along with savings, investments and insurance.

For the long haul, the SBP has a lot to offer. Retired pay stops upon the death of the retired Airman but with SBP, you can guarantee that a monthly income continues. For 6.5 percent of whatever amount you choose, beginning at \$300 up to your full retired pay, you can leave your spouse 55 percent of that sum for life (unless remarriage takes place before age 55). SBP annuity also increases with cost of living adjustments. Spouse and child coverage costs a little more, while child-only coverage is considerably less because children are covered only as long as they remain unmarried and attend school full time or until age 22.

Each Airman is counseled on SBP as part of the retirement briefings, according to Pat Peek, chief of the Air Force Personnel Center’s Retiree Services

Branch, who manages the SBP program.

“Unfortunately, because of the hectic pace at the time the member is retiring, trying to decide where to live, buy a new house and getting the kids in a new school, much of the SBP information, as well as information on other subjects, may be lost,” she said. “That’s why it’s wise to know a little about the SBP before hand.”

Since it’s a matter affecting the entire family, the spouse has to concur in the election if Airmen decide to cancel the protection enjoyed while on active duty. It should also be noted that Airmen who refuse SBP or who take less than full coverage, may not have another opportunity to enroll or increase coverage. Open enrollment periods are at the discretion of Congress, and there have only been five since the plan started in 1972.

These open enrollment periods followed major improvements in the SBP, according to Ms. Peek, and since there is currently an open enrollment nearing its end (Sept. 30), another open enrollment (if there is one) could be well in the future. Future buy-in costs (paying premiums back to the time of first eligibility plus penalties) may make it cost prohibitive for many retired members.

In the past, once retiring Airmen enrolled in the program, they were pretty much locked in for life. They could only get out in the event of a divorce or if the spouse died. However, members retiring since May 1998 have a one-year opportunity between the second

and third anniversary following the start of retired pay to terminate SBP participation.

This came about because authorities recognized that many members weren’t sure about their financial security at retirement, and were not taking the SBP because they didn’t believe they could afford a 6.5 percent reduction in their retired pay for the rest of their life.

Now, SBP allows coverage in the event something happens immediately to the retired member, but also affords more flexibility after the member has had time to adjust to a civilian job and has a better idea of the future.

“Seeing the benefits of the SBP, relatively few have opted out after two years, but it remains an option,” said Ms. Peek.

Another concern of retired members was that their spouse’s annuity was reduced from 55 percent of the covered amount to 35 percent when the survivor reached age 62 and became eligible for Social Security based on the retiree’s work record.

This, too, was overcome with the National Defense Authorization Act for Fiscal Year 2005 which eventually gives the surviving spouse of SBP participants 55 percent of the covered amount for life unless there is a remarriage before age 55. On Oct. 1, 2006, the SBP payment rate increased from 35 percent to 40 percent; went to 45 percent April 1, 2006; will increase to 50 percent April 1, 2007 and the offset will be completed eliminated Oct. 1, 2008 when it goes to 55 percent.

Open season begins for civilian health insurance programs

Courtesy of the Air Force Personnel Center

RANDOLPH AIR FORCE BASE, Texas – The Office of Personnel Management has announced an open season will be held Monday through Dec. 11 for three civilian benefit programs.

The three programs are the Federal Employees Health Benefits (FEHB) program, the Federal Flexible Spending Account (FSAFEDS) program and the new Federal Employees Dental and Vision Insurance Program (FEDVIP).

Health Benefits

Premiums for 2007 will rise an average of 1.8 percent, marking the smallest rate increase in more than a decade. Approximately 63 percent of enrollees will not have a premium increase in 2007, while another 15 percent will see a premium increase of less than 5 percent.

With the increase in overall plan

choices to 284, high deductible health plans to 29, and health maintenance organizations to 209, officials recommend employees review and update their health plans during the open season.

“Open season is the best time for employees to review their health care coverage, not only to make desired changes, but to ensure their plan hasn’t been altered or discontinued,” said Janet Thomas of the Benefits and Entitlements Service Team (BEST) at the Air Force Personnel Center. “Employees should also review the plan premiums for next year.”

Air Force-serviced civilian employees will make their FEHB open season enrollments or changes by one of two methods: Employee Benefits Information System or the BEST phone system.

Flexible Spending Account

During this open season, eligible employees may enroll in the FSA program for calendar year 2007. There

are three types of FSA accounts: the Health Care FSA, the Limited Expense (LEX) Health Care FSA, and the Dependent Care FSA. The FSAFEDS program allows federal employees to set aside pre-tax money for a wide range of medical and dependent care expenses. The money is set aside before salary is taxed. The money is exempt from federal income taxes, Social Security taxes, Medicare taxes and from most state and local taxes.

FSA enrollments are made via the FSAFEDS Web site or by calling toll-free (877) 372-3337 or TDD (800) 952-0450.

Enrollment does not carry over automatically from year to year – employees must submit a new enrollment for each year they wish to participate.

Federal Employee Dental and Vision Insurance Program

The Federal Employee Dental and Vision Benefits Enhancement Act of

2004 (Public Law 108-496) directed the Office of Personnel Management to make supplemental dental and vision benefits available to federal employees, annuitants and their eligible family members.

FEDVIP provides supplemental dental and vision insurance coverage. Some carriers participate in both FEHB and FEDVIP. Individuals eligible to enroll in both programs can choose to enroll in FEHB only, FEDVIP, both or neither.

The first opportunity for enrollment in the FEDVIP program is during this open season, with coverage effective Dec. 31.

For more information on any of these programs or other civilian employee benefits and entitlements, visit the BEST Web site at <http://ask.afpc.randolph.af.mil>; click on Civilian Employees, then on Benefits and Entitlements.



8th Air Force to become new Cyber Command

By Staff Sgt. C. Todd Lopez
Air Force Print News

WASHINGTON – During a media conference here Nov. 2, Secretary of the Air Force Michael Wynne said the 8th Air Force would become the new Air Force Cyberspace Command.

“I am announcing the steps the Air Force is taking towards establishing an Air Force Cyberspace Command,” the secretary said. “The new Cyberspace Command is designated as the 8th Air Force... under the leadership of (Lt. Gen. Robert “Bob” Elder Jr.) He will develop the force by reaching across all Air Force commands to draw appropriate leaders and appropriate personnel.”

Secretary Wynne said the 67th Network Warfare Wing, now under 8th Air Force, and other elements already

within the 8th, would provide “the center of mass” for the nascent Cyberspace Command.

The secretary also said Air Combat Command, Air Force Space Command and Air Force Materiel Command are working to develop the new Cyberspace Command, while Air Force personnel specialists are working to develop educational plans and career paths for those Airmen who will work within the new command.

“The aim is to develop a major command that stands alongside Air Force Space Command and Air Combat Command as the provider of forces that the President, combatant commanders and the American people can rely on for preserving the freedom of access and commerce, in air, space and now cyberspace,” Secretary Wynne said.

Air Force leaders will begin



AIR FORCE GRAPHIC

Secretary of the Air Force Michael Wynne announced Nov. 3 that the 8th Air Force would become the Air Force Cyber Command to “fly and fight in air, space and cyberspace.”

detailed planning for the new Cyberspace Command Thursday at the Cyber Summit. During the summit, Air

Force leaders will chart a way ahead for the Air Force’s role in cyberspace, also called the cyber domain.

Study shows how to reduce adverse drug reactions

By Richard Gray
TriWest Healthcare Alliance

Doctors and pharmacists must change the way they provide medicines to outpatients to reduce adverse reactions to medications, concluded a three-phase research study conducted by a team of military, university and TriWest Healthcare Alliance physicians, pharmacists and nurses.

The team initiated the study prompted by data that confirmed the Institute of Medicine’s announcement in 1997 that error rates were much too high for the well-being of the public. The literature suggested that pharmacy-related errors could be successfully addressed on an outpatient basis.

Taking prescription medicines may cause nearly 2 million adverse drug events (ADEs) annually and up to 10 percent are life-threatening or fatal, but a significant number can be prevented, said TriWest Medical Director Brian Casull, M.D., who led the Patient Safety-Adverse Drug Event Project, which began in

2001.

“Up to one patient out of every three who are on medication may be at risk for an ADE at any given time,” Dr. Casull said.

The study concludes that ADEs can be reduced among outpatients with better education, and improved communication and record-keeping between physicians, pharmacists and patients.

“The model predicted cost savings can be achieved by reducing ADEs, which results in less money spent treating ADEs,” Dr. Casull said. “For every dollar spent on prescription medicines, \$1.30 is spent to address the impact of ADEs through emergency room and hospital care.”

The study recommends that doctors improve their knowledge of drugs and clarify illegible and incomplete prescriptions before administering a drug, and that patient prescription information should be more readily available to doctors.

Those at higher risk to suffer an ADE are:

- Patients who take five or more medications;
- Patients who take 12 or

more doses per day;

– Patients whose medication regimen has changed four or more times in a year;

– Patients who have more than three chronic diseases;

– Patients who have a history of not complying with prescription instructions;

– Patients who take drugs that require therapeutic monitoring.

Dr. Casull recommends asking these questions while at the doctor’s office – Is a generic version is available? Will the medicine work safely with other drugs and over-the-counter medications? Are there any potential side effects or tests required when taking the medication?

Dr. Casull advises patients to report any unusual reactions or side effects if switching from brand name to generic drugs.

The military’s health care program, TRICARE, embraced the study and is interested in conducting a study on a larger scale aimed at reducing ADEs among TRICARE’s beneficiaries younger than 65.



COURTESY PHOTO

Rise and shine...

and start your day off with a great breakfast. The Enlisted Spouses Club and Chief’s Group will host a pancake breakfast Thursday starting at 5:30 a.m. at the fire station. For \$5 get the day going with a breakfast with all the fixings.



Energy-Saving Tip of the Week

Use “Task Lighting.” Instead of brightly lighting an entire room, use a smaller light to illuminate the section of the room where you’re working. Try to avoid incandescent lights and use fluorescent lighting. On sunny days, consider using sunlight to light a room.



Great American

Smokeout

Nov. 17

Cannon HAWC challenges smokers to be tobacco free for at least 72 hours.

Win a free t-shirt if you do.

Register at the BX at 11 a.m. Wednesday, at the Chief's Group/ESC pancake breakfast Thursday, or at the HAWC Turkey Trot at 8 a.m. Nov. 18.

For more information, contact the HAWC at 784-1003 or visit American Cancer Society Web site at www.cancer.org.



COMMUNITY EVENTS



COURTESY PHOTO

Pet of the week

Jade has gorgeous green eyes, is great with children and dogs and loves to snuggle. For information on adopting her, call 784-4228.

■ Continued from page 1

Heritage Dinner

The deadline to sign up for the American Indian Heritage dinner is noon, Monday. The dinner starts at 6 p.m. Thursday at the Landing. Dress is business casual, civilian clothing for all.

The cost is \$10 for club members and \$12 for nonmembers.

For more information, call 784-2123.

Med Group Thanksgiving

The 27th Medical Group will have its annual Thanksgiving celebration 11 a.m. to 2 p.m. on Thursday. During that time, services will be limited; however, all personnel needing medical service should enter the clinic via the Flight Medicine Entrance. Patients seeking care from the Acute Care Clinic from 1 p.m. to 2 p.m. should report to Flight Medicine for care.

Pharmacy services will maintain its usual hours.

New Shoppette hours

The following hours of operation for the Cannon Shoppette will become effective Nov. 20.

Monday through Friday – 6 a.m. to 11 p.m.

Saturday – 8 a.m. to 11 p.m.

Sunday – 9 a.m. to 10 p.m.

Scholarship packages

Applications for the 2007 Scholarships for Military Children are available at the base commissary office or at www.commissaries.com.

Deadline for filing the completed application is Feb. 21.

For more information, call 784-4330.

Stray animal policy

Cannon has a contract with One-4-All Humane Society to pick up stray dogs and cats found in the Joe Cannon Estates and Chavez Manor/West base housing. If pets are found, call the 27th Security Forces Squadron help desk at 784-4111. The person on duty will take the information, issue a control number and contact the group.

If there are additional concerns, contact Senior Master Sgt. Troy Gilliard, at 784-6116 or the Airman and Family Readiness Center at 784-4228.



SERVICES

AF Reserve teams with 4-H, Boys, Girls Club

Clubs offer safe activities for military children

By Carolyn Stevens
Air Force Reserve Command

Balancing the competing demands of family life and the accomplishment of the Air Force mission is no easy task for the men and women of the Air Force Reserve.

Air Force Services Family Member Programs has met this challenge head-on with their partnership with two national youth development organizations, 4-H and the Boys and Girls Clubs of America. These organizations are deeply rooted in the communities where Reservists live and both share a common goal of providing positive youth development programs to the young people they serve.

4-H Youth Development is the research-based, educational program of the Cooperative

State Research, Education and Extension Service and the U.S. Department of Agriculture. While each state has its own guidelines, a 4-H club is typically an organized group of boys and girls ages 5-18. Local 4-H Clubs offer a wide range of opportunities and experiences in leadership, critical thinking, character development, community service and life skills.

This framework, Head, Heart, Hands, Health, comprises the foundation for the 4-H partnership with Air Force Family Member Programs. Youth may choose to participate in 4-H activities through their local county or through one of the 4-H Clubs established at an active duty installation.

In addition to programs and activities available during the school year, teens ages 13-18 may also participate in the Air Force 4-H Ultimate Outdoor and Fitness Adventure Camp held in Little Rock, Ark.

Two AFRC youth were selected to attend the 2006 leadership camp. The partnership with Boys and Girls Clubs of America began more than 10 years ago. Today, some 400 Youth Centers located on

military bases within the United States and abroad are affiliated with Boys and Girls Clubs of America. Each Boys and Girls Club and Air Force Youth Center provide a variety of educational, recreational, cultural and social activities for youth.

Youth of Air Force reservists assigned to active duty installations may access these and other Air Force programs through the Youth Center. Information is available through the services squadron division at each active location.

Access to the same educational, recreational, cultural and social activities is available to youth of all Reservists through local Boys and Girls Clubs in cities and towns across the United States.

Through an Air Force initiative, AFRC family members can receive a free one-year membership through their local Boys and Girls Club. For more information

about finding and joining a Club visit www.bgca.org.

Membership forms are available at the Cannon Youth Center at 784-2747 or from the AFRC Family Member Program Specialists office at (478) 327-0971 or (478) 327-2090.



COURTESY PHOTO



What's happening?



Today

Veterans Day commemorated
Seafood Buffet – 11 a.m. at The Landing
Hockey Trip – 3 p.m. with Information Tickets and Travel
DJ Night – 8 p.m. at the End Zone

Saturday

Yard Sale – 8 a.m. at the Clovis Community Center
Alternating Shot Tourney – 9 a.m. at the Whispering Winds Golf Course
River Breaks Ranch – 10 a.m. with Outdoor Recreation
Nickel-Dime Night – 6 p.m. at Cannon Lanes

Sunday

NFL Football – 10 a.m. at the End Zone

Dart League – 6:30 p.m. at the End Zone

Monday

Conversational Language Skills – 11 a.m. to noon, Monday through Friday at the Cannon Library
Turkey Shoot – 7 a.m. to 4 p.m., Monday through Friday at Cannon Lanes
Melba's Choice – 11 a.m. to 1 p.m. at The Landing
Thanksgiving Day Craft – 4 to 6 p.m. at the Portales Community Center
Football Frenzy – 6 p.m. at the End Zone

Tuesday

Homestyle Buffet – 11 a.m. at The Landing
Pool Tournament – 4 to 6 p.m. at the Portales Community Center
Foosball Tournament – 5:30 p.m. at the Clovis Community Center

Wednesday

International Buffet – 11 a.m. at The Landing
Wild Wednesdays – 9:30 a.m. at Cannon Lanes
Foosball Tournament – 3 to 5 p.m. at the Portales Community Center

Thursday

Thankful Thursdays – All day at the Whispering Winds Golf Course
Thanksgiving Buffet – 11 a.m. at The Landing
Yu-Gi-Oh Challenge – 4 to 6 p.m. at the Clovis Community Center
Chess Club Casual Play – 5 to 7 p.m. at the Central Community Center
XBox Challenge – 5 to 7 p.m. at the Portales Community Center
Fear Factor – 5 to 8 p.m. at the Clovis Community Center



FEATURE

Load competition keeps friendly rivalry going between squadrons



PHOTO BY AIRMAN 1ST CLASS ERIK CARDENAS



PHOTO BY AIRMAN 1ST CLASS ERIK CARDENAS

Top left: Airman 1st Class Jon Schwartz, 522nd Aircraft Maintenance Unit, secures a fastener during the 27th Fighter Wing 2006 Third Quarter Proud Falcon/Loading Competition on Oct. 20. Top: Airman 1st Class Roy Stuart (far right), 522nd AMU, drives a loaded weapons jammer at the competition.



PHOTO BY AIRMAN 1ST CLASS ERIK CARDENAS

Airmen from the 523rd Aircraft Maintenance Unit perform a three-man carry on a missile as part of the load crew competition. The top loaders from each aircraft maintenance unit team-up to try and outperform each other, demonstrating task knowledge and safety.



PHOTO BY AIRMAN 1ST CLASS RANDI RICKARDS

Senior Airman Alfonso Mendez, 523rd AMU, puts the finishing touches on a piece of equipment during the load competition.



Unit Spotlights



Congratulations Airman Leadership School graduates

*All ranks are Senior Airman, unless otherwise noted.

John Levitow Award:

Skyler Vaughn, 27th Aircraft Maintenance Squadron

Distinguished Graduates:

James McDade, 27th Fighter Wing

Luke Wert, 27th Security Forces Squadron

Academic Achievement:

Lee Monson, 27th Equipment Maintenance Squadron

Leadership Award:

Aaron Greenwood, 27th Operations Support Squadron

Other Graduates:

Amy Alonso, 27th Comptroller Squadron

Amber Alumpe, 522nd Fighter Squadron

Eric Atkins, 27th Aircraft Maintenance Squadron

Vincent Beausoleil, 27th Civil Engineer Squadron

Bradley Bove, 27th Equipment Maintenance Squadron

Marvin Burton, 27th Aircraft Maintenance Squadron

Barbara Chang, 27th Civil Engineer Squadron

Jonathon Coronado, 27th Aircraft Maintenance Squadron

Christopher Cromer, 27th Logistics Readiness Squadron

Bryan Ethridge, 27th Aircraft Maintenance Squadron

Erica Faria, 27th Aeromedical Dental Squadron

Brandi Grove, 27th Maintenance Operations Squadron

Alfredo Hernandez Froment, 27th Logistics Readiness Squadron

Brant Hubl, 27th Civil Engineer Squadron

Michael Ieva, 27th Component Maintenance Squadron

Jonathan Jackson, 27th Equipment Maintenance Squadron

Staff Sgt. Vanessa Keck, 27th Equipment Maintenance Squadron

Staff Sgt. Avery Lloyd, 27th Maintenance Operations Squadron

Thomas McBee, 27th Logistics Readiness Squadron

William McCarty, 27th Maintenance Group

William Noble, 27th Security Forces Squadron

Jason Perrin, 27th Aircraft Maintenance Squadron

Jarmaine Thomas, 27th Security Forces Squadron

Robert Turner, 27th Aircraft Maintenance Squadron

Justin White, 27th Equipment Maintenance Squadron

Jessica Wills, 27th Equipment Maintenance Squadron



CANNON AIR FORCE BASE CHAPEL

Chapel services

CATHOLIC

Religious Education Sunday
9:15 a.m. (grades K-6)

Sunday Mass 10:30 a.m. and 5 p.m.

Reconciliation 9:30 a.m.

Weekday Mass (M,W,F) 12:05 p.m.

Edge/LifeTeen youth ministry

Sunday 6 p.m. (grades 7-12)

PROTESTANT

Contemporary 9 a.m.

Sunday School 10:30 a.m.

Gospel 12 p.m.

**For more information about other programs
or other faith groups, call the chapel office at
784-2507.**

At the Movies

The Cannon Theater is located on Torch and Ingram. Movie prices are \$3.50 for adults and \$1.75 for children.

Open Season

Today at 7 p.m. and Saturday at 4 p.m.

Description: A 900-pound domesticated grizzly bear named Boog and a scrawny, one-horned mule deer named Elliot end up stranded in the woods during hunting season and it's up to the duo to rally all the other forest animals and turn the tables on the hunters.

PG – rude humor, mild action, language

Running time: 100 min.

The Guardian

Saturday at 7 p.m. and Sunday at 4 p.m.

Description: After losing his crew in a fatal crash, legendary rescue swimmer, Ben, is sent to teach at "A" school, an elite training program for Coast Guard rescue swimmers. Wrestling with the loss of his crew members, he throws himself into teaching and turns the program upside down with his unorthodox training methods. While there, he encounters a young, cocky swim champ, Jake, who Ben drives to be the best.

PG-13 – action/peril, strong language, sensuality

Running time: 136 min.

School for Scoundrels

Sunday at 7 p.m.

Description: Roger enrolls in a top-secret confidence-building class taught by the suavely underhanded Dr. P. Aided by his assistant, Leshar, Dr. P uses unorthodox, often dangerous methods, but guarantees results — employ his techniques and unleash your inner lion. Roger quickly discovers that star students have a way of catapulting Dr. P's competitive side into high gear.

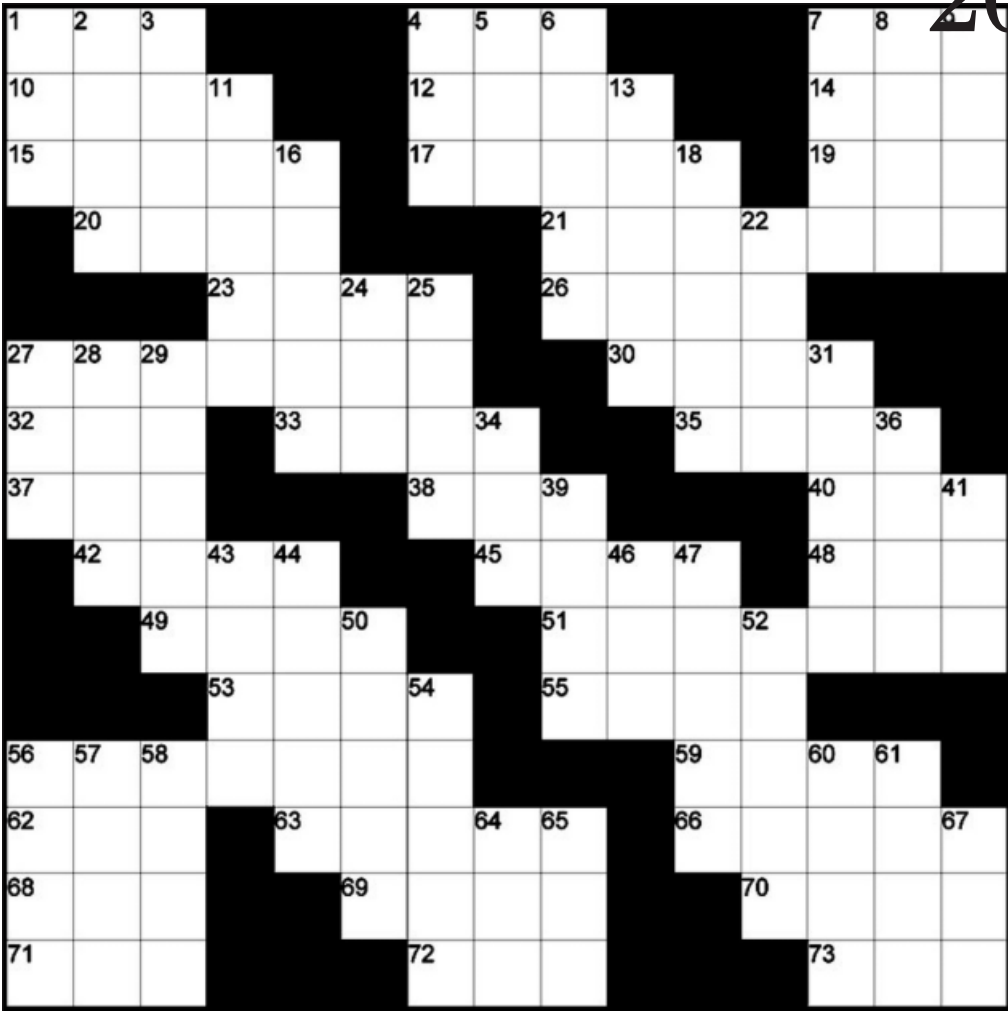
PG-13 – language, crude/sexual content, violence

Running time: 101 min.



THE LIGHTER SIDE

20



ANSWERS ON PAGE 20

Happy Birthday, USMC

By Capt. Tony Wickman
71st Flying Training Wing Public Affairs

Across

- 1. Dramatize
- 4. Fury
- 7. Maj. Greg Boyington was a ...
- 10. ___ the Explorer
- 12. Soft mineral
- 14. Col. Wesley L. ___; MOH recipient in 1969
- 15. John Phillip ___; Leader of the Marine Band
- 17. Theatrical presentation set to music
- 19. The Greatest
- 20. Preserved
- 21. Nightclub providing short programs of live entertainment
- 23. Long times
- 26. Column
- 27. 1st Lt. Presley Neville ___; "Hero of Derne" referenced in USMC Hymn
- 30. Lt. Col. Anthony ___; fourth Commandant of the Marine Corps
- 32. European mount
- 33. Cheese type
- 35. Utah town
- 37. Jogged
- 38. Chicken or small suffix
- 40. The sun
- 42. Principal god of the Greek pantheon; ruler of the heavens
- 45. Giant
- 48. Ram's mate

- 49. Unit of matter
- 51. Maj. Gen. Wendell ___; 14th Commandant of Marine Corps, MOH recipient
- 53. Iowa town
- 55. Hebrew prophet of the eighth century B.C.
- 56. Lt. Gen. Thomas J. ___; WWII and Korean War veteran
- 59. Maj. Ross L. ___; MOH recipient for action in Haiti
- 62. Single
- 63. Deletes copy
- 66. Word preceding newspaper or chores
- 68. www.af. ___
- 69. Fencing sword
- 70. Hint
- 71. Greek letter
- 72. Cut
- 73. Epoch

Down

- 1. Commercials
- 2. Col. Donald G. ___; MOH recipient for action as POW
- 3. Test answer
- 4. Simpson trial judge
- 5. Dr. Dre's music genre
- 6. Inaugurate
- 7. In the distance
- 8. Sgt. Darrell ___; MOH recipient for action at Iwo Jima
- 9. Leave
- 11. Colorado ski town
- 13. Lt. Gen. Edward A. ___; Navy Cross recipient for WWII efforts
- 16. Make amends
- 18. Right angles to the keel of a ship

- 22. A Guthrie
- 24. Lower and raise the head quickly
- 25. Break suddenly with a brisk, sharp, cracking sound
- 27. Paddle
- 28. Brig. Gen. Vincente T. ___; elected as U.S. House of Rep for Guam
- 29. Temporary absence or cessation of breathing
- 31. Artists' prop
- 34. Mr. ___; 1983 Keaton movie
- 36. Cereal holder
- 39. ___; Warrior Princess
- 41. Confederate general
- 43. State home to Hill AFB
- 44. Battle of the ___ (1916); main Allied attack on Western Front
- 46. Precious stone
- 47. Dodge
- 50. Gen. George G. ___; victor of Gettysburg
- 52. Son of Abraham who was offered as a sacrifice to God
- 54. Cuts something with short, quick strokes
- 56. Derive
- 57. Entity known as basic structural constituent of a whole
- 58. Actress Ward
- 60. 5,280 feet
- 61. Slander
- 64. Afternoon drink in UK
- 65. Embroider
- 67. Vote in favor



SPORTS AND HEALTH

Falcons, Irish salute fallen Airmen

By Wayne Amann
U.S. Air Force Academy

U.S. AIR FORCE ACADEMY, Colo. – When Air Force and Notre Dame football players butt heads Saturday afternoon in front of a sellout, Veterans Day crowd in Colorado Springs, and a national television audience on College Sports TV, their helmets will sport a tribute to Airmen past and present who've sacrificed for freedom.

Specifically, all Falcon and Fighting Irish head gear will feature the six-toe, Jolly Green feet logo representing the Air Force rescue community, to honor the 12 Airmen of the 66th Rescue Squadron who died in the Sept. 3, 1998 mid-air collision of two HH-60 helicopters near Nellis Air Force Base, Nev.

One of the dozen who perished was 1992 Academy graduate Gregg Lewis, whose father Bill is the assistant head football coach at Notre Dame.

"Gregg Lewis was a proud member of the 66th Squadron," Air Force head football coach Fisher DeBerry said. "This day to honor him and his dad should bring additional pride to all those who now proudly serve in the 66th and in the memory of those who lost their lives serving this great squadron."

Current 66th RQS commander, Lt. Col. T. J. Porterfield, was at Nellis at the time of the mishap, although not in the unit.

"It was a very traumatic event for the families, the unit and our community," the colonel recalled.

Colonel Porterfield then amplified Coach DeBerry's sentiments.

"We are honored and deeply touched by this tremendous gesture on the part of both teams," he said.

"Current members of the 66th Rescue Squadron are reminded every-day of the sacrifice made by these 12 heroes on Sept. 3, 1998, as they pause by the memorial in front of our unit. We keep those 12 fallen warriors, as well as two more lost in separate mishaps, close in our thoughts and prayers to this day and are grateful to honor them all this Saturday."

During the game photos of Gregg



PHOTO BY DANNY MEYER

Notre Dame and Air Force football helmets display the six-toed, Jolly Green feet logo representing the Air Force rescue community. The teams will wear the added decal for their Veterans Day game to honor those who serve so others may live.

Lewis will be shown on the Falcon Stadium scoreboard screen as a salute to the fallen Academy grad, who like fellow members of the Air Force rescue community served "so others may live."

The game marks the first time Notre Dame has ever worn a logo of any kind on its gold helmets. Kickoff is Saturday at 2 p.m.

Cannon Air Force Base & The Lubbock Cotton Kings

Saturday at 7:05pm



**It's Veterans Night with Sgt. Slaughter
Plus 3,000 American Flags!**

Veterans are welcome to come and
will be recognized at the game!

**Cotton Kings vs.
Rocky Mountain Rage**

GROUP TICKET PRICE AS LOW AS \$9/pp

For Cannon AFB personnel!

Sign-up at ITT located in the BX mall or call Margie for
more details at 784-1275

27th Operations Support Squadron Golf Tournament

What: 4 Person Scramble
HCP not required

When: Saturday

Time: 9 a.m. Shotgun Start

Cost: E-1 to E-6/Civilians
\$10.00

E-7 and above
\$15.00

*Fees due day of tourney
(Green Fees & Cart Not
Included)*

Closest to the Pin: 3 & 17
Longest Drive: 10

Mulligans (\$3) or 2 for \$5:
- 2 Mulligans per max

Sign up at the Clubhouse:
Deadline for registration
is noon today.



POCs: Staff Sgt. Sollers 784-4310 Staff Sgt. Smith 784-4739 Staff Sgt. Schaad 784-4310
PRIZES WILL BE PROVIDED BY BASE/LOCAL MERCHANTS!



SPORTS SHORTS



Turn slip in to the Public Affairs office by 4:30 p.m. today. They are located in Bldg 600, suite 1099.

The participant who picks the most winners will win a free large one-topping pizza from the End Zone. The name will be announced next week.

Sunday Week 10 Schedule

New Orleans at Pittsburgh	11 a.m.	Fox
Chicago at N.Y. Giants	11 a.m.	Fox
N.Y. Jets at New England	11 a.m.	CBS
Washington at Philadelphia	11 a.m.	Fox
Cleveland at Atlanta	11 a.m.	CBS
Kansas City at Miami	11 a.m.	CBS
Green Bay at Minnesota	11 a.m.	Fox
San Francisco at Detroit	11 a.m.	Fox
Buffalo at Indianapolis	11 a.m.	CBS
Baltimore at Tennessee	11 a.m.	CBS
Houston at Jacksonville	11 a.m.	CBS
San Diego at Cincinnati	11 a.m.	CBS
Denver at Oakland	2 p.m.	CBS
Dallas at Arizona	2:15 p.m.	Fox
St. Louis at Seattle	2:15 p.m.	Fox

Monday

Tampa Bay at Carolina	8:30 p.m.	ESPN
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Total Monday points (tie breaker) _____



Football Genie

Circle winners and turn into Public Affairs by 4:30 p.m. today.

Congratulations to last week's winner, Master Sgt. Buck Clark, 27th Equipment Maintenance Squadron.

Name/Unit/Phone _____

Cannon Lanes 784-2280

Cannon Lanes will be closed today in observance of the Veterans Day holiday.

Nickle-Dime night — 6 to 9 p.m., Saturday. Bowl for a starting price of \$2.25 per game. For every spare the price is reduced 5 cents and every strike drops the price 10 cents.

Family Bowl-a-Rama — On Nov. 17 bowl two hours with up to six family members on a lane for \$12. The price includes shoes and a pitcher of soda.

Lanes must be assigned between 5 and 7 p.m.

Member First discounts — 10 percent discount off annual, quarterly and monthly greens fees. Half-off club rentals. \$2 off cart rental for 18 holes.

Outdoor Rec. 784-2773

Annual holiday tree cutting trip and light parade — Dec. 9, \$20 for adults, \$15 for 12 and younger. Kickoff the holiday season in Ruidoso. The Festival of Lights and a tree cutting trip will welcome the holiday spirit.

Proper towing accessories are necessary to take the tree home from Outdoor Recreation.

Sign up deadline is Dec. 4. Depart at 10 a.m. and return at 11 p.m.

Whispering Winds

Golf Course 784-2800

Thanksgiving Day Special — Single Airmen living in the dormitories receive free golf and club rental Thanksgiving day. Check out clubs on Wednesday and bring them back on Friday. The clubhouse will be closed on Thanksgiving day, but the course will be open, weather permitting.

Senior Days — Senior golfers, 50 years and older, receive \$2 off daily green fees and 50 percent off electric cart rentals on Monday and Friday.

Retiree Wednesdays — Golfers with retired military ID card receive \$2 off daily green fees and 50 percent off electric cart rentals.

End Zone 784-4283

Football Frenzy — Football Frenzy kicks off at 10 a.m. every Sunday. Don't forget to stop by for Monday Night Football at 5 p.m.



ANSWERS TO PUZZLE ON PAGE 18